

Penn Cambria Curriculum

Course Name	Elementary Physical Education
Length of Course	<i>45 periods each school year</i>
Grade Level	<i>1 - 4</i>
Prerequisites	<i>None</i>
Course Description	<i>The Physical Education program at Penn Cambria Elementary is designed to promote wellness and fitness in our students through a variety of activities such as team sports, lifetime activities, aerobic fitness and physical fitness. The students will demonstrate knowledge and skill development appropriate to each grade level. Many of the activities have carry over value and can be used as lifetime activities. These activities are evaluated by class participation, effort, teacher observation, skill tests, written tests and physical fitness testing.</i>
Units of Study	<i>Team Sports Life Time Activities Fitness</i>
Materials	<i>Text: NONE Supplemental Materials: Misc. gym equipment</i>

Students Medically Unable to Participate:

Adaptations will be provided for students who are medically unable to participate in the regular physical education program. These adapted activities must be aligned to the PA Academic Standards for Health and Physical Education. As each case is unique in duration and based on medical guidance provided, there suggested activities listed for each unit included.

Unit 1: Team Sports

Estimated Time: 10-15 classes

PA Academic Standard Alignment:

- 10.4.3.A – Identify and engage in physical activities that promote physical fitness and health.
- 10.4.3.D – Identify likes and dislikes related to participation in physical activities.
- 10.4.3.E – Identify reasons why regular participation in physical activities improves motor skills.
- 10.4.3.F – Recognize positive and negative interactions of small group activities.
- 10.5.3.A – Recognize and use basic movement skills and concepts.
- 10.5.3.C – Know the function of practice.
- 10.5.3.F – Recognize and describe game strategies using appropriate vocabulary.

Curricular Objectives:

A. Students will:

- a. Demonstrate awareness of rules
- b. Demonstrate passing, catching, kicking, throwing, skills
- c. Demonstrate courtesies of the game and a sense of good sportsmanship
- d. Demonstrate skill-related fitness (agility, coordination, speed, balance)
- e. Develop/improve hand-eye coordination
- f. Demonstrate spatial awareness (safety)
- g. Work cooperatively with team members
- h. Developed improved fitness
- i. Demonstrate offensive/defensive strategies
- j. Display comfort level & enjoyment with the game that may lead to further participation

Assessments/ Measurement of Objectives:

- Practice with corrective feedback
 - in pairs/groups
 - question/answer
- Performance in games
 - following rules & courtesies
 - successful passes/catches
 - teamwork
 - skill-related fitness
 - including many team members in game play
- Observation
 - ability to continue active participation
 - skill related fitness

Suggested Methods of Instruction / Learning Activities:

Basketball, Football, Speedball, Soccer, Softball, Volleyball, Flicker ball and Ultimate Frisbee

Suggested Activities for Students Medically Unable to Participate:

Activity

Officiating	10.5
Written Assignments related to unit objectives	10.1-5
Data Collection	10.4, 10.3, 10.5
Keeping Score/stats	10.5, 10.3
Peer Teaching/Tutoring	10.3, 10.4, 10.5
Equipment set up/care	10.3,
Written Tests	10.1-5
Videos	10.2, 10.4
Stretching/Toning	10.4
Skill work	10.5

Unit 2: Lifetime Activities

Estimated Time: 10-18 classes

PA Academic Standard Alignment:

- 10.4.3.A – Identify and engage in physical activities that promote physical fitness and health.
- 10.4.3.B – Know the positive and negative effects of regular participation in moderate to vigorous physical activities.
- 10.4.3.C – Know and recognize changes in body responses during moderate to vigorous physical activity.
- 10.4.3.D – Identify likes and dislikes related to participation in physical activities.
- 10.4.3.E – Identify reasons why regular participation in physical activities improves motor skills.
- 10.5.3.A – Recognize and use basic movement skills and concepts.
- 10.5.3.D – Identify and use principles of exercise to improve movement and fitness activities.
- 10.5.3 E – Know and describe scientific principles that affect movement and skills using appropriate vocabulary.

Curricular Objectives:

A. Students will:

- a. Improve overall physical fitness
- b. Demonstrate skill and knowledge of rules, scoring and/or techniques associated with the activity.
- c. Demonstrates courtesies and etiquette appropriate for the activity.
- d. Demonstrates proper movements, alignment and techniques for each activity or exercise.
- e. Follows safety guidelines and demonstrates safe behavior relative to activity.
- f. Demonstrates knowledge in how to determine individual progress in a fitness activity.
- g. Identifies the parameters of physical fitness including muscular strength, muscle endurance, flexibility, and cardio-respiratory endurance.
- h. Display comfort level that may lead to further participation in the activity outside of the classroom

Assessments/ Measurement of Objectives:

- Practice with corrective feedback
 - in pairs/groups
 - question/answer
- Performance in activities
 - following rules & courtesies
 - skill-related fitness
- Observation
 - ability to continue active participation
 - skill related fitness

Suggested Methods of Instruction / Learning Activities:

Bowling, Small Games Unit, Circuit Training, Golf, Tennis, Dance, Disc Golf, Badminton

Suggested Activities for Students Medically Unable to Participate:

Activity

Written Assignments related to unit objectives	10.1-5
Data Collection (heart rate, sets/reps.etc.)	10.4, 10.3, 10.5
Modified Weight Training	10.5
Resistance Training	10.5
Steps/step work	10.5, 10.4
Bowling	10.5
Equipment set up/care	10.3
Videos	10.2, 10.4
Stretching/Toning	10.4
Skill work	10.5
Written Tests	10.1-5
Walking	10.4

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Unit 3: Fitness

Estimated Time: 10-20 classes

PA Academic Standard Alignment:

10.4.3.B – Know the positive and negative effects of regular participation in moderate to vigorous physical activities.

10.4.3.C – Know and recognize changes in body responses during moderate to vigorous physical activity.

10.5.3.A – Recognize and use basic movement skills and concepts.

10.5.3.B – Recognize and describe the concepts of motor skill development using appropriate vocabulary.

10.5.3.D – Identify and use principles of exercise to improve movement and fitness activities.

10.5.3 E – Know and describe scientific principles that affect movement and skills using appropriate vocabulary.

Curricular Objectives:

A. Students will:

- a. Demonstrate proper alignment and technique.
- b. Demonstrate basic step and various stepping patterns.
- c. Demonstrates proper movements, alignment and techniques for each activity or exercise.
- d. Develop/improve rhythm and coordination.
- e. Experience stress relief through exercise.
- f. Display a comfort level & enjoyment that may lead to further participation outside the classroom.
- g. Improve overall fitness.
- h. Measure heart rate and heart rate intensity and identify healthy heart range with regards to age.
- i. Follow safety guidelines associated with physical activity.

Assessments/ Measurement of Objectives:

- Practice with corrective feedback
- Question/Answer/Discussion
- Observation
- Performance tests
- Heart rate monitoring activities
- Target heart rate activities
- Completion of circuit cycles
- Training Journals/logs

Suggested Methods of Instruction / Learning Activities:

Aerobics, Jump Rope, Step Aerobics, Fitness Walking, Tai Bo, Yoga, Pilates, Strength Training, Flexibility Exercises, Fitness Stations, Athletic Enhancement Exercises, Obstacle Courses, Pin Guard, Tumbling, Balance, Agility, Skip, Hop

Suggested Activities for Students Medically Unable to Participate:

Activity

Walking	10.4
Agility drills	10.4, 10.5
Resistance training	10.4, 10.5
Modified weight training	10.4, 10.5
Stretching/Toning	10.4, 10.3
Steps/step work	10.4, 10.5
Peer Teaching/Tutoring	10.3, 10.4, 10.5
Written Tests	10.1-5
Written Assignments	10.1-5